

Feed me, I'm yours!
0-6 months



Ahh... hello world.

I know you are going to take such good care of me!
During my first few months of life, remember...



- Breastmilk is best for me!
- Feed me only breastmilk or formula for the first six months. My tummy is not ready for anything else, including cereal.
- My wet and dirty diapers are one of the best signs that I am getting enough. I should have about 6–8 wet diapers each day after the first week.
- Please hold me during feedings. Propping a bottle can increase my risk of choking, ear infections, and tooth decay. Plus, I love to look at your face!

Just in case you are wondering how much to feed me...



- My tummy is small so I will probably not eat a lot at onetime. As I grow, my tummy will grow too, and I will be able to drink more at each feeding.
 - If you nurse me, I will nurse 8–12 times each day from 0–6 weeks.
 - ◆ When I am 6 weeks– 3 months, I may nurse less, 6–10 times each day.
 - ◆ When I am 3–6 months, I may nurse even less, 6–8 times per day.
 - If you give me formula, I will probably need 8–12 feedings each day from 2–6 weeks. When I am 6 weeks–6 months, I may need less feedings, 6–8 feedings each day.
 - ◆ Offer me 1 to 2 ounces of formula every 2– 3 hours in my first week of life.
 - ◆ Offer me 2 to 3 ounces of formula every 2–3 hours from 2–6 weeks.
 - ◆ Offer me 3 to 4 ounces of formula every 3–4 hours from, 6 weeks–6 months.
- You may need to wake me to feed me. Try patting, stroking, undressing, or changing my diaper to wake me.
- I am not like any other baby. My appetite will vary from day to day. Follow my hunger cues to know when and how much to feed me.
- Don't get upset if I spit up. Spit up is very common for babies, especially during the first few months of life. If I am gaining weight and don't seem uncomfortable with eating, there is probably nothing to worry about. Talk to my WIC provider if you are concerned.

Hunger Cues: 0–5 months

Even before I can talk, I will show signs of hunger or fullness by using sounds and movements. Crying is often a later sign of hunger.

May be hungry when:	May be full when:
<ul style="list-style-type: none">• Puts hands to mouth• Turns head towards breast or bottle• Puckers, smacks, or lick lips• Has clenched hands	<ul style="list-style-type: none">• Closes mouth• Turns head away from breast or bottle.• Relaxes hands

What to Know About Vitamins and Minerals?

Some babies need additional vitamin D. The daily recommendation for infants is 400 IU of vitamin D each day. Fully breastfed or partially breastfed babies will need vitamin D supplementation, starting shortly after birth. Babies receiving infant formula do not usually need vitamin D drops. If your baby is drinking less than 32 ounces of formula, she may also need vitamin D drops.

If my baby is...	Recommend Vitamin D drops
Fully or Partially Breastfed	Yes
Formula Fed, but less than 32 ounces	Yes
Formula Fed, and more than 32 ounces	No

Some babies also need additional iron. The iron in your baby's body at birth was enough for their initial growth, but the reserves start to run low as your baby grows. At 4 months of age, fully breastfed or partially breastfed babies may need iron supplementation until iron-containing complementary foods (iron -fortified infant cereals, stage 1 meats) are introduced at about 6 months of age. If iron supplementation is recommended, talk with your WIC provider.

If my baby is 4-6 months old and is...	Recommend Oral Iron drops
Fully Breastfed	Yes
Partially Breastfed, and more than ½ feedings are breast milk	Yes
Partially Breastfed, and more than ½ feedings are formula	No

Smart Tips for Feeding Your Baby

1. Never add anything to the formula. (no sugar, karo syrup, cereal or baby food)
 2. Do not give honey or foods containing honey to a baby less than 1 year old.
 3. Never give medication without discussing it with your baby's doctor.
 4. Liquid vitamins and iron may be needed. Also discuss this with your baby's doctor.
 5. If you are breastfeeding, you should check with your doctor before taking any medications.
 6. Stay away from alcohol and drugs! They can harm you and your child and affect everyone in the family.
 7. Don't smoke around your baby. Children of smokers have more coughs, colds, ear infections, and are at higher risk of sudden unexpectant infant death (SUID).
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For more information about WIC, please visit our website:

www.alabamapublichealth.gov



The Nutrition Program for Women, Infants, and Children
from The Alabama Department of Public Health

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